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It's Never Too Early... to Prevent Diabetes

Women with a history of gestational diabetes mellitus (GDM) have an increased lifelong risk of developing type 2 diabetes, and their children are at increased risk for obesity and diabetes.

The good news from the National Diabetes Education Program (NDEP) is that *It's Never Too Early to Prevent Diabetes*. Women who have had GDM can prevent or delay type 2 diabetes, and help their children lower their risk for the disease.

It's Never Too Early to Prevent Diabetes. A Lifetime of Small Steps for a Healthy Family, the latest diabetes prevention message from the NDEP, offers tips to help women with a history of GDM take small steps – losing a small amount of weight by making healthy food choices and being more physically active – to earn big rewards – preventing or delaying the disease, and helping their children lower their risk for diabetes.

The *It's Never Too Early to Prevent Diabetes. A Lifetime of Small Steps for a Healthy Family*. tip sheet in English and the *Nunca es muy temprano para prevenir la diabetes. Pequeños pasos de por vida para una familia sana*. tip sheet in Spanish is available from the NDEP.

**For more information, visit
www.ndep.nih.gov or call 1-800-438-5383.**

